

ANXIETY TIP SHEETS (3 tip sheets):

With the help of our experts we've rounded up some tips on anxiety support.

Often, those who experience extreme anxiety feel ashamed and suffer in silence but the good news is that there is hope. Anxiety disorders are highly treatable. Below are some common signs from experts associated with Angst that kids struggling with anxiety may exhibit, as well as tips on how to respond.

Fact: Anxiety disorders are treatable.

Fact: Neuroplasticity of the brain is real. You can change the way you think about something. You can rewire your brain to positivity.

Fact: Distraction allows your amygdala (fight-or-flight part of the brain) a break. It can be helpful to distract your mind and give yourself some space for a short period, but prolonged isolation can lead to avoidance of anxiety producing situations which reinforces the negative thought process.

5 Ways to Support Your Teen's Mental Health

- 1 Validate your teen's emotional pain
- 2 Educate yourself about how the body reacts to anxiety
- 3 Create an environment that encourages facing fears
- 4 Model vulnerability "it's ok to not be ok"
- 5 Consider extra help from professionals

For more resources and information, please visit: www.adaa.org

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